

Norovirus Factsheet



What are noroviruses?

Noroviruses are a group of viruses that cause the “stomach flu,” or gastroenteritis in people. Viruses are very different from bacteria and parasites. Viruses are much smaller, and are not affected by treatment with antibiotics.

What are the symptoms of illness caused by noroviruses?

Norovirus illness usually includes nausea, vomiting, diarrhea, and some stomach cramping. Sometimes people may have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness often begins suddenly. This is usually a brief illness, with symptoms lasting only about 1 or 2 days. In general, children experience more vomiting than adults. Most people with norovirus illness have both of these symptoms.

What is the name of the illness caused by noroviruses?

Norovirus infection has several names, including:

- stomach flu – this is not related to the flu (or influenza), which is a respiratory illness caused by influenza virus.
- viral gastroenteritis
- food poisoning (although there are other causes of food poisoning)

How serious is norovirus disease?

Norovirus disease is usually not serious, although people may feel very sick and vomit many times a day. Most people get better within 1 or 2 days, and they have no long-term health effects. However, sometimes people are unable to drink enough liquids. These individuals can become dehydrated and may need special medical attention. This is usually only seen among the very young, the elderly, and persons with weakened immune systems. There is no evidence to suggest that an infected person can become a long-term carrier of norovirus.

How do people become infected with noroviruses?

Noroviruses are very contagious and can spread easily from person to person. Both stool and vomit are infectious. People can become infected with the virus in several ways, including:

- eating food or drinking liquids that are contaminated with norovirus
- touching surfaces or objects contaminated with norovirus, and then placing their hand in their mouth
- having direct contact with another person who is infected and showing symptoms

Persons working in day-care centers or nursing homes should pay special attention to children or residents who have norovirus illness. This virus can spread rapidly throughout such environments.

When do symptoms appear?

Symptoms of norovirus illness usually begin about 24 to 48 hours after ingestion of the virus, but they can appear as early as 12 hours after exposure.

How long are people contagious?

People infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. Therefore, it is particularly important to use good handwashing and other hygienic practices after they have recently recovered from norovirus illness.

Who gets norovirus infection?

Anyone can become infected with these viruses. There are many different strains of norovirus, which makes it difficult for a person's body to develop long-lasting immunity. Therefore, norovirus illness can recur throughout a person's lifetime. In addition, because of differences in genetic factors, some people are more likely to become infected and develop more severe illness than others.

What treatment is available for people with norovirus infection?

Currently, there is no antiviral medication that works against norovirus and there is no vaccine to prevent infection. Norovirus infection cannot be treated with antibiotics.

When people are ill with vomiting and diarrhea, they should drink plenty of fluids to prevent dehydration. Dehydration among young children, the elderly, the sick, can be common, and it is the most serious health effect that can result from norovirus infection. By drinking oral rehydration fluids, juice, or water, people can reduce their chance of becoming dehydrated.

Preventing norovirus infections

Decrease your chance of coming in contact with noroviruses by following these preventive steps:

- Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food
- Carefully wash fruits and vegetables
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness using hot water and soap
- Flush or discard any vomitus and/or stool in the toilet and make sure that the surrounding area is kept clean.

Persons who are infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.